



Programmes for August - 2011

- 3rd – 6th 'Premadhara' – Silence meditation with Poojya Guruji
From 9.30 am to 4.00 pm with liquid food at noon and
light refreshment after meditation
- 6th Mruthyunjaya Homa followed by whole night
meditation with Poojya Guruji.
- 7th Satchintana
- 13th & 28th Kriya Yoga Punashchetana
- 21st Kundalini Beeja Mantra Punashchetana
- 15th & 22nd Public Meet

Programmes for September - 2011

- 3rd Mruthyunjaya Homa and whole night meditation
with Poojya Guruji
- 4th Satchintana
- 5th - 7th Prem Dhara - Silent Meditation with Poojya Guruji
from 9.30 am to 4.00 pm with liquid food at noon
and light refreshment after meditation.
- 10th & 25th Kriya Yoga Punashchetana
- 18th Kundalini Beeja Mantra Punashchetana
- 19th & 26th Public Meet





SHRI SHAKTIDARSHAN

A Magazine dedicated to Yoga and Meditation

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August - 2011

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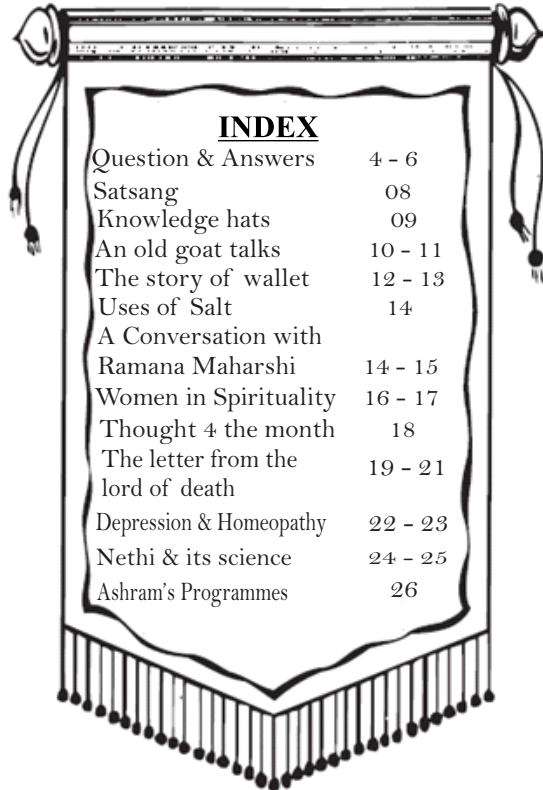
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Dear Dhyanaabhandus,



The sole survivor of a shipwreck was washed up on a small, uninhabited island. He prayed God to rescue him, and every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements and to store his few possessions.

One day, after scavenging for food, he arrived home to find his little hut in flames, the smoke rolling up to the sky. The worst had happened; everything was lost. He was stunned with grief and anger. “God, how could you do this to me!” he cried. Early the next day, however, he was awakened by the sound of a ship that was approaching the island. It had come to rescue him.

“How did you know I was here?” asked the weary man of his rescuers. “We saw your smoke signal,” they replied.

It is easy to get discouraged when things are going bad. But we shouldn't lose heart, because God is at work in our lives, even in the midst of pain and suffering. Remember, next time your little hut is burning to the ground — it just may be a smoke signal that summons the Grace of God. For all the negative things we have to say to ourselves, God has a positive answer.

So our Guruji always says that anything that happens in ones life is for there own goodness though misery may come like the fire which destroyed the hut but the next moment he was rescued.

Hence we must not get assuaged with short term losses but live on life to the fullest enjoying each and every moment with love, that is the purpose of life. We also need to understand things which likely that happen is just a testing time by the almighty and we need to be smart enough to escape from its clutches and live happily.





Q 1: As you say, this life is a link for the chain of perennial existence of 'Jeevatma'. It reaches back to the source of blissful abode of Him. But how to be aware of this Truth?

A 1: I am aware that I reside in this body. But I am not the body. I have a mind. I am aware of this too. We are not aware of the Soul since we are concealed by desires of the senses, mind and intellect. Sliding this veil and moving towards the Soul is Meditation. While we meditate, our mind should focus on the point in between the eye brows. If the mind settles there, then only the mind becomes thoughtless. The mind becomes free of swaying emotions and will be in peaceful state. The mind is annihilated. There the time does not exist. The word 'Time' exists when only mind is there. The birth and death is only for the body and the mind. The period between birth and death is the time. If the mind settles in between the eye brows, then the thoughts are destroyed. After they are annihilated, there remains only the existence of God. This is the state of 'Samadhi' in meditation. This is a state of bliss.

Q 2: In the human life, how realistic is the imagination of hell and heaven as mentioned in scriptures. Please explain

A 2: The life on earth for a human starts from his birth. But in reality this is not the beginning. This Soul has entered in to this body in this life after dwelling in so many bodies in different lives. As river takes along dirt along its flow, we have carried with us all our past deeds of 84 lakh lives. There may be many negative feelings in these. These are depicted as hell. These are stored in our genes. In the same way, positive feelings are also stored in our genes. When a meditator progresses intensively, he can experience these. But experience of this, in total would be had at the time of death. When Jeevatma leaves the body at the time of death, our mind opens into the fourth dimension, and all the happenings of the past lives would be exhibited before the mind. The exhibition of negative feelings itself is hell. While experiencing this, the mind will feel as if it is living in hell. In which ever life, in whichever body, these things had happened before my mind. I am reason for that. Now, I only have to experience it.



This they have called as hell. Likewise, the positive feelings exhibited before mind is filled with joy. This is equivalent to heaven. In scriptures they are called hell and heaven. That means, hell and heaven are in our mind. We are the creators of them. These are experienced in human lives. Before coming to this human form we have crossed 84 lakh lives. The pictures of all these are in our genes. This we call as 'Prarabdha' (Past deeds). After experiencing all these things only, we get on to the path of Salvation. This is the meaning of getting realized. The one Truth is that every human taking birth on this earth has to undergo the experiences of heaven and hell according to his/her deeds.

Q 3: Can you inform about the ultimate purpose of human life? How to achieve this?

A 3: The most intelligent life on this earth is human being. Other living beings do not know the purpose of their existence. They take birth and die. They have no knowledge as to why they are born and why they have to die. It is because they are in second dimension

Only a human being knows how to go to the fourth dimension that means the path of realization. If all the Prarabdhas (past deeds) of 84 lakh lives are cleansed, then he will get the wisdom of going to the fourth dimension naturally. That means he gets salvation. Getting salvation is not the only goal of life. He is born on this earth to love all the living beings and to serve God with love in His Creations. This true love can be experienced only by a realized meditator. Only such a meditator will be able to share the love of God with everyone and makes his life fruitful by assisting the process of Creation. That means, the man has come to this earth to unite with God's Creation, love all unconditionally and to get rid of all his prarabdhas (past deeds) and march ahead in the path of salvation.

Q 4: It is said that meditation is risky and dangerous because it is related to a very sensitive component called the mind. What is your opinion?

A 4: Is not swimming in the ocean dangerous? But are there not many who swim? The fishermen spend their entire lives in the ocean. How? They go in to the ocean only after they learn swimming thoroughly.



In the same way we have to understand the ocean like mind of ours thoroughly, under the guidance of Guru, it is possible to swim and cross the distressed ocean called life easily. Your effort and Guru's blessings both are necessary.

Q 5: It is impossible for me to concentrate. I get continuous thoughts. Is it possible to stop this?

A 5: Do not hate and fight with your thoughts. They are your own thoughts. Your own creation. Love them like a child. Do not get trapped in thoughts. You just observe the thoughts as a witness. In a few days the force of the thoughts would come down with a gap and silence in between two thoughts. That is the beginning of meditation. Ceaseless effort will yield sure success.

Q 6: How will be a realized person? Please explain.

A 6: Like a dried coconut! The kernel inside knows that there is a shell and a skin outside. But it is not attached to anything. It knows that it does not have any attachment with the shell. The coconut becomes copra inside the shell. If it is crushed, oil is obtained. Is there oil in coconut? I do not believe, because it is not seen.

The oil is obtained only after the coconut becomes copra. Those who become like copra, they get self-realization. A person who is realized, knows that this physical body is not Me. Like the copra is unattached to the shell, he will be experiencing 'his' existence, not attached to the body. We have to become like a copra. Then only we come to know what is life. The nut and skin is there. But it shakes inside without being attached. Even though there are many bindings related to the body, he still would be in the state of bliss without being attached to anything. That is the real life.

Q 7: After some during meditation, there is a feeling like an electric energy passing upwards from Mooladhara. Then the energy is felt in the form of light passing around the body. What does this experience indicate?

A 7: While meditating, the magnetic/electrical waves ascending from Mooladhara is the Kundalini energy, according to science it is "Alpha" waves. This helps you to become thoughtless (Alpha state of Mind). This helps you to go deep into meditation.



Satsang literally means good company. So in reality, when a group of like-minded people come together in a bid to meditate and reflect upon the intricacies of life, it becomes a satsang. A satsang can constitute anything, from simple meditative exercises to chanting. Even varied forms of entertainment can be included in a satsang. However these art-forms should necessarily lead the seeker to a greater truth; for the realization of that ultimate truth is the real motive of satsang. True satsang never takes the form of any random social gathering. It is not a place to congregate and discuss your business goals. Neither is it a place to try and make new friends; or new enemies for that matter! Satsang is simply a collective effort to try and know the reality behind the illusion of life; try and find the true gist of life; an endeavor to find the true self. Hence every individual who attends the satsang must attend it with the sole motive of self-realization.

So if satsang is ultimately centered on the 'self', then why is it necessarily an activity that is carried out in a group? The answer to that question lies in the fact that man on his own accord can hardly accomplish anything.

The mind of the average person is fickle and hence is easily deviated from the main goal. Hence to prevent this, people congregate in mass to try and reach a common end. This facilitates many different factors at the same time. When people worship, pray or meditate in mass, their energies get congregated and amplified. Owing to such amplification it creates a very strong energy field amongst the people who are participating in the satsang. Thus within that energy field, each and every individual starts to reach the same truth inwardly. Owing to the presence of such a potent energy field, the mind remains steady and resolute.

Continued to page no. 14

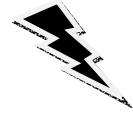
Dear Dhyanaabhandus,

“Shaktidarshan Kriya Yoga” Camp will be conducted in Bangalore from 14.08.2011 to 17.08.2011 at Sreeshaila Dhyana Kuteera, Banashankari 3rd Stage. Those who are interested in participating may contact Mr.Anand on his cell phone: 9448207312 Res: 080-26692228

“Kriya Yoga” is the process of cleansing the body, Prana and mind. When the mind is purified, Dhyana happens automatically. The mind reaches the state of Shoonya and many aspirants can experience the state of Samadhi.



Knowledge Hats



Independence Day Special Quiz

1 Who is the author of the National Anthem of India?

- a. Rabindranath Tagore
- b. Bankim Chandra Chatterjee
- c. Subhash Chandra Bose
- d. Vallabhbhai Patel

2. What does the blue wheel that appears in the Indian National flag stand for?

- a. The wheel of religion
- b. The wheel of law of justice
- c. The wheel of Krishna
- d. The wheel of fortune

3. Who gave the slogan “Swaraj is my birthright and I shall have it”?

- a. Mahatma Gandhi
- b. Lal Bahadur Shastri
- c. Bal Gangadhar Tilak
- d. Pt. Jawaharlal Nehru

4. Who is known as the Nightingale of India?

- a. Sarojini Naidu
- b. Lata Mangeshkar
- c. Annie Besant
- d. Aruna Asaf Ali

Identify the leaders



Answers: 1a, 2b, 3c, 4a

Dr. Rajendra Prasad, Vajpayee, Dr. Subash Chandra Bose,
Dr. Radakrishna, Sardar Vallabhai Patel, Lal bahadur Shastri

An old Goat Talks

August 2011

A Play for Children

Cast: A Goat

A Shepherd

(The goat is trying to run away from the shepherd, who follows her with a stick in his hand.)

Shepherd: running after goat) I'll give you the thrashing of your life. Just you wait till I catch you.

Goat: Suddenly stopping)
Will you please stop abusing me?

Shepherd: Surprised, drops his stick to the ground) How can a goat talk?

Goat: It is better for me to talk than to keep giving in to pain. You have tortured me long enough without bothering to see how important I am to you.

Shepherd: Still surprised) What do you mean?

Goat: You use my milk to live on.

My manure fertilizes vegetables in your fields. You use my hair to weave your tent, your clothes and your rugs. The skin of my ancestors was turned into drums and tablas. Can't you see, your life depends on my willingness to support you.

Shepherd: a, look at our great philosopher talk. I'm the one who is strong: I'll beat you to pulp if you stop supporting my life.

Goat: How wrong you are my friend. I am stronger than you think. From now on, whenever you treat me badly, I will fast to death.

Shepherd: You can't do that. You would not be able to control your hunger.

Goat: Well, Mahatma Gandhi could. His fasts were successful. I will be able to do the same too.

Shepherd: Did he go on fasts? Why? Was he also abused? And who told you about him anyway?
Goat: My great grandmother was his best friend. She gave him milk daily and he was really nice to her. And he fasted to resist both the foreign rule and the internal division among the people of his country.

Shepherd: (Seems interested): Was he



Moreover his fasting was peculiar.

Shepherd: Peculiar? In what sense?

Goat: Gandhiji's fasts consisted of three delicious meals.

Shepherd: Oh! you are talking about fast and then again about meals? Are you mad?

Goat: Oh God! The meals that I am referring to are not those meals which you have in your house. But, the meals which later became the steps for achieving our Independence.

Shepherd: Now do tell me what were those three meals?

Goat: They were "Willpower", "Peace" and "Simplicity".

Shepherd: But let me know what was the success?


Goat: They were "Willpower", "Peace" and "Simplicity".

Shepherd: But let me know what was the success?

Goat: Don't you know? Gandhiji, due to his will power, won the favour of millions of people. But, he never turned violent. He always embraced Ahimsa which was his greatest friend. Due to that my great grand mother spent her life in a bed of roses. She always used to say that the father of the nation was A Man of Letters and his name would be remembered until this world exists. Now don't you agree that the fasts are the peaceful ways of opposition.

Shepherd: Yes, that's true. Due to my ignorance I have given you many tortures. But from now onwards I'll never bring you in contact with my stick. Moreover I am going to preach to my fellow companions about the importance of you and other animals and will request that to be at peace rather than stormy.

(Then they went away happily.)



The story of a wallet

Once an old man was travelling by train on a pilgrimage to Brindavan. At night, whilst he was asleep, his wallet fell from his pocket. A co-passenger found it the next morning and enquired as to whom the wallet belonged. The old man said it was his. A picture of Sri Krishna inside the wallet was proof that the wallet really belonged to him.

The old man then began to relate the story of the wallet. He soon had a group of eager listeners around him. Lifting up the purse for all to see, the old man said: This purse has a long history behind it. My father gave it to me years ago when I was a mere schoolboy. I kept my little pocket money in it and also a photograph of my parents.

Years passed. I grew up and began studying at university. Like every youth, I became conscious of my appearance. I replaced my parents' photograph with that of my own and I would look at it often. I had become my own admirer.

Then came marriage. Self-admiration gave way to the consciousness of a family.

Out went my own picture and I replaced it with that of my wife's. During the day I would open the wallet many times and gaze at the picture. All tiredness vanished and I would resume my work with enthusiasm.

Then came the birth of my first child. What a joy I experienced when I became a father! I would eagerly rush home after work to play with my little baby. Needless to say, my wife's picture had already made way for the child's.

The old man paused. Wiping his tearful eyes, he looked around and said in a sad voice: Friends, my parents passed away long ago. My wife too died five years ago. My son- my only son- is now married. He is too busy with his career and his family. He has no time for me. I now stand on the brink of death. I do not know what awaits me in future. Everything I loved, everything I considered my own, has left me.

A picture of Lord Krishna now occupies the place in my wallet. I know He will never leave me. I wish now that I had kept HIS picture with me right from the beginning! He alone is true; all others are just passing shadows.

- **Dipika A publication of Sri Ramakrishna South Africa**

A man is but the product of
his thoughts what he thinks,
he becomes.



Uses of Salt (Contd)



1. Clean brass, copper and pewter with paste made of salt and vinegar, thickened with flour
2. Add a little salt to the water your cut flowers will stand in for a longer life.
3. Pour a mound of salt on an ink spot on your carpet; let the salt soak up the stain.
4. Clean your iron by rubbing some salt on the damp cloth on the ironing surface.
5. Adding a little salt to the water when cooking foods in a double boiler will make the food cook faster.
6. Use a mixture of salt and lemon juice to clean piano keys.
7. To fill plaster holes in your walls, use equal parts of salt and starch, with just enough water to make a stiff putty.
8. Rinse a sore eye with a little salt water.
9. Mildly salted water makes an effective mouthwash. Use it hot for a sore throat gargle.
10. Dry salt sprinkled on your toothbrush makes a good tooth polisher.
11. Use salt for killing weeds in your lawn.
12. Eliminate excess suds with a sprinkle of salt.
13. A dash of salt in warm milk makes a more relaxing beverage.
14. Before using new glasses, soak them in warm salty water for awhile.
15. A dash of salt enhances the taste of tea. ?
16. Salt improves the taste of cooking apples.
17. Soak your clothes line in salt water to prevent your clothes from freezing to the line; likewise, use salt in your final rinse to prevent the clothes from freezing.
18. Rub any wicker furniture you may have with salt water to prevent yellowing.
19. Freshen sponges by soaking them in salt water.
20. Add raw potatoes to stews and soups that are too salty.

A Conversation With Ramana Maharshi (Contd)

D: I am Udai

G: That is your name. You have a name, you are not the name.

D: I am a man.

G: That is your body. You have a male body. An Adjunct. Please see. The body is only dead matter. You are alive so clearly you cannot be the body.

D: Am I not the body?

G: Right. You have a body, you are not the body.

D: But when there is pain in the body I am hurt.

G: Suppose you had no thought of it. Suppose you were under anaesthetic influence. Would you still be hurt?

D: No.

G: So its the mind , right?

D: Yes.

G: so you are hit at the mental level !

D: Yes.

G: that is a role.

D: what role?

G: Inquire. Who is trying to "Reject the pain"

D: what is reject pain?

G: Pain is a sensation. Who is trying to avoid it?

D: Me

G: That is something you are "Doing", a "Role" you are "playing".

You can still be without trying to avoid.

D: how do i do that?

G: Pain sensation is there, dont do anything about it. neglect it. don't try to do anything about it!

D: Neglect? Is that practical ?

G: Yes. (Sri Ramana Maharshi even got his hand operated).

D: Humm.

G: so, that is a role too.

D: Ok.

G: Lets come back to it. What are you sans all the adjuncts.

D: I dont know.

G: You cannot name it or describe it.

D: Yes.

G: Anything you do is "playing a role"

D: How?

G: Coz without doing it also you are.

D: Yes.

G: So that "Doer" is a role you have intentionally picked.

D: Yes.

G: That means, you are not the "doer" .D: Humm.

G: Anything you "experience" is yet another role.

D: How?

G: remember the body pain example. The pain as sensation is there. Who "Owns" it?

D: Me.

G: The one who is trying to avoid it or "have more of it" is a role. You need not do either.

D: Yes.

G: So that non-doer is You!

D: Yes.

G: So you are not the doer / enjoyer.

D: Humm. Does that mean i should not act, do any work?

G: No. To recognize you are playing the role of manager and are not defined by manager ... that is you are not manager but are playing the role of manager... do you need to stop being the manager?

D: no.

G: but you need to recognize it as a



D: Yes.

G: So, Dharmam (right) & Adharmam (wrong) belong to the role, who is the doer.

D: Yes.

G: Similarly Sukham

[happiness] and Dhukkam

[unhappiness] belong to the role too.

D: Yes.

G: when they are of the role ... if you disidentify with the role ... you are done.

D: Humm.

Leave identification with the doer (karta) and Enjoyer (Bhokta.) Relax, Remain as Consciousness, and when ever identification with doer is identified, inquire who is doing, and relax into consciousness again!

-Ramana Maharishi

Compiled by Dr. Meena Bhadurai

“Be as simple as you can be;
You will be astonished to see
how uncomplicated
and happy your life can become”.



10 Ways to achieve good Karma

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's:
Respect for self, Respect for others and responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.

WOMEN IN SPIRITUALITY - X **AVVAIYAR Part -2 (Contd)**

- Banumathi Raghunathan

AVVAIYAR sacrificed her youth and transformed into an old woman, to fulfill her wish of pursuit of knowledge and to impart wisdom to others. She loved children, and she hose children to impart knowledge. If they have good character and conduct, the future society became good. Hence, she composed Aathichudi and Kondrai Vendhan poems in a single sentence. While all languages teach alphabets with some objects (like A for Apple, B for Ball etc..) She teaches Tamil with morals. There are twelve vowels in Tamil Language. At the early stages of learning, children are taught these twelve vowels first, through poem of twelve verses, each verse in one line, each verse starting with one vowel, which are A, Aa, E, Ee, Vu, Voo, Ye, Yea, I, O, Ou, Au

Aram seiya Virumbu : Always be eager to engage in good and virtuous activities.



- Aaruvadhu Sinam : Be vigilant to control your temper (anger)
- Eyalvadhu karavel : Commit yourself to do all that you can, and to the best of your ability
- Eevadhu Vilakkel : Do not limit your charitable acts or interfere in such noble acts of others
- Vudaiyadhu velambel : Extolling about your belongings is not a virtue

Vookamadhu kaividale : Focus on your enthusiasm and perseverance

Yenn, Yezhuthu Igalel : Give due respect for the power of Numbers and Letters

Yerpadhu Igazhchi : Honor only the favors that are truly earned

Iyam ittu Unn : Indulge in your consumption only after sharing with needy

Oppuravu ozhugu : Get used to what you have, Get along with the world

Ohdhuvadhu Ozhiyel : Never stop learning. Preaching

Ouviyam Pesale : Do not talk ill about others.

There is another vowel, which is rarely used: Akkh. According to literature, the following is the verse for this alphabet.

Akhanjurukale : Do not be stingy.

There are other 109 verses (single line) in the Aathicudi.

Kondrai Vendhan: Kondrai is a flower, which was decorated to Lord Shiva. She composes the poems of Kondrai vendhan by praying, Lord Vigneshwara, son of Lord Shiva who is wearing Kondrai flower on his head.

- To be Continued

The Vedanta recognizes no sin it only recognizes error. And the greatest error, says the Vedanta is to say that you are weak, that you are a sinner, a miserable creature, and that you have no power and you cannot do this and that.



Thought 4 the month

1. Almost anything you do is insignificant, but it is very important that you do it.
2. The only devils in this world are those running around in our own hearts, and that is where all our battles should be fought.
3. I want freedom for the full expression on my personality.
4. Freedom is not worth having if it does not include the freedom to make mistakes.
5. I cannot teach you violence, as I do not myself believe in it. I can only teach you not to bow your heads before any one even at the cost of your life.
6. The good man is the friend of all living things.
7. One needs to be slow to form convictions, but once formed they must be defended against the heaviest odds.
8. When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it – always.
9. Happiness is when what you think, what you say, and what you do are in harmony.
10. What difference does it make to the dead, the orphans and the homeless, whether the mad destruction is wrought under the name of totalitarianism or the holy name of liberty or democracy?
11. The greatness of a nation and its moral progress can be judged by the way its animals are treated.
12. In matters of conscience, the law of majority has no place.

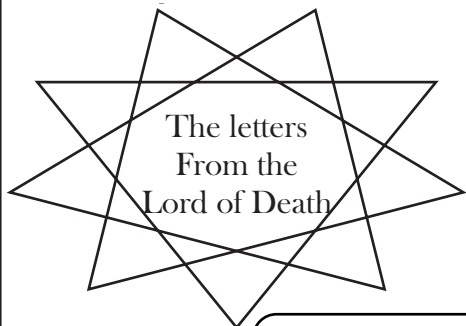


- Compiled by C.A. Rakesh Sharada

Contd from page no. 8

Thus there is little interference from within the individual's own self. This necessarily makes him more receptive to the knowledge and the realization that is to be gained from that respective form of meditation, chanting or prayer.

In the end, a person who regularly practices satsang can see its progressive effect on his own life. All the human weaknesses of despair, regret and desperation slowly start to wilt away as the seeker remains constantly in connection with the supreme divine entity. The constant energy field that surrounds the seeker in his regular satsang induces a great change in him. In the end he is left with no insecurities and no fear in his life, for through the power of true satsang, he starts to experience God within himself. Thus does satsang ultimately lead him towards his own inner kingdom of divinity; as the seeker exalts in supreme ecstasy and ultimate joy...



- Collections

The assembly of gods once met and decided to appoint a man to the position of Lord of Death, the official title being Lord Yama. They selected the most righteous man for this post. His duty was to take (escort) man at the proper time (upon death) to the celestial regions.

A man by the name of Amrita, living on earth, thought to himself that the one thing he feared most was death. He hit upon a bright idea that if he befriended the Lord of Death, then may be death can be kept at a distance. Amrita practised austerities and concentrated his mind upon Lord Yama, the Lord of Death. Lord Yama was pleased and granted a vision to Amrita.

Lord Yama said: I know, by the aid of my divine powers, that you seek to befriend me. Your wish has come true. My presence is only available to those

upon whose deaths my messengers or I take their souls to my domain. Those that are born must die and those who die will be born again. This is the eternal law. No one can escape death. Yet I grant you my vision while you are still living.

Amrita said: As a token of our friendship, I ask this favour of you. If death is inevitable, I ask that if I am to die, then at least let me know beforehand of the time when my end is to come so that I can make proper provision for my family before departure.

Lord Yama said: Sure, this is a simple matter. I shall certainly inform you beforehand. But as soon as you get the message, please set about making the preparations.

With these words Lord Yama, the Lord of Death, vanished.

Many years passed. Amrita's hair began gradually to turn grey, but he was living happily with not a thought about the fear of death. His life was full of sensual pleasures and enjoyments. He did not look forward to receiving any correspondence from his friend,

Lord Yama, and he was pleased that so far no letters had arrived from the Lord of Death.

Some more years passed by. By this time Amrita had lost most of his teeth. But he was living without any worries about death or dying. Still no letters had arrived from his friend, the Lord of Death.

As the years rolled by, Amrita's eyesight became dimmer. Old age is catching up with me, he thought. But I am thankful that my friend has still not sent any letter addressed to me. I know that my friend, Lord Yama, always keeps his promise. He will surely send a message beforehand.

Some more years passed by. Amrita was now an old man who could not stand straight up. With his back bent forward, he could not walk without the support of a walking stick. His skin was all wrinkled. One day he suffered a stroke and became paralysed. People said his condition was very critical. But Amrita was still in a happy frame of mind. As long as his friend Lord Yama had not sent any letter, the thought of death and dying never entered his mind.

Then the inevitable happened. Lord Yama, the god of death, entered the room. Amrita was startled and his mind was seized with fear.

Lord Yama said: My friend, come now, you have suffered greatly. Today I have come to take you with me.

Amrita was trembling with extreme fear. He said: Alas, you have betrayed me. You have not kept your word. You did not send any letter to me. You have now come with your fearful form to take me away. Are you not ashamed to thus deceive a friend?

Lord Yama said: O man! You spent all your life in shameless sense indulgence. Now you cast aspersions on me, the Lord of justice. Pleasures and enjoyments made you blind. How then could you know the letters I sent you? Not one, but four letters did I send to you. But you heeded them not.

Amrita was greatly puzzled: Four letters did you say? But not one reached me. It is just possible that they may have gone astray in the post.

Lord Yama said: With all your cleverness you were fool enough to think that I would take up pen and paper to write letters to you.

O deluded mortal! Time is my messenger who brought my messages to you. Now take your mind back in time and recollect, years ago, your hair turned grey. That was my first letter. You did not heed my message but blackened your hair with dye.

My second letter reached you when your teeth began to fall out. Then too, you took no warning, but got yourself a set of false teeth.

My third letter was sent to you when your eyesight failed.

The fourth message was when your body became paralysed.

Amrita said: Oh no! I have grievously erred. Unforgivable is my error. Yet once more I crave your indulgence, Lord Yama.

Lord Yama replied: Indulgence! What more indulgence is there for me to give? What use did you make of the priceless opportunity bestowed on you of the gift of this human birth? Sensual indulgence and drunkenness-with these you wasted your life. Wasting this precious human life, fie on you! Now you shamelessly ask for more time. Time for what?

Amrita said: O friend, remember our past friendship? Please recall those days now and bestow on me one more chance.

Lord Yama said: That friendship was of that time. Now it's done. I come neither as friend nor as foe. I come as the dispenser of the granite law. This law is above love and above hatred. This law is just, true and impartial. No human servitor am I who for gifts or money would from duty's path swerve. My course is straight and true to the end. I carry out the stern dictates of destiny. All mortals have to bend to my final mandate. This is the divine law. Now let us go.

Lord Yama, the god of death, puts the noose over the dying man's neck. The man begins to gasp and then chokes. An agonised expression fills his face.

People said: Amrita is dead.

Be universal in your love.
You will see the universe to be
the picture of your own being.





Depression & Homeopathy

Depression can be a debilitating problem to have. It can make home life difficult and work a nightmare. So it is not surprising that those affected seek help. The medical answer to depression is to offer you one of a handful of drugs which is meant to even all your emotions out, so the highs go with the lows. But this doesn't address the cause of the problem. Good homeopathic treatment works by addressing the cause of your depression, which will be unique to you

All medical drugs come with side effects and some that come with the anti-depressant drugs can be serious, even deadly. Although the person may feel better, s/he can be more at risk especially to suicide. The efficacy varies with each individual, and many report no effect at all.

Other side effects include an increased risk of type 2 diabetes, interference with the natural functioning of the immune system, stillbirths, brittle bones, an uncharacteristically violent behaviour and many more. Medically

speaking, you have depression when you have several of the following

Symptoms:

- a sadness
- a loss of interest in activities normally enjoyed
- a change in your weight as you either find comfort in food or are averse to it
- changes in sleep patterns
- an inability to concentrate or make decisions
- a lack in your normal energy or an uncharacteristically restless feeling
- a personal feeling of hopelessness or unworthiness
- thoughts of suicide or death

But all these are only common symptoms. None of these indicate the cause. A cause can often be seen in the event, which preceded the onset of your depression, and this will be very personal to you. It could be after the birth of your child, after a shocking or frightening experience, after the loss of a loved one and so forth. People often know the cause but feel afraid to express this, for fear of appearing silly.

Another common reason for depression is when a dysfunctional or

excessively strict family prevents the natural growth and development of a child. Children need space and safety to explore who they are before being disciplined.

Whatever the reason for your depression, appropriate homeopathic treatment works by searching for the possible cause, by taking into consideration all your very personal and unique (and often subtle) symptoms and by matching one of thousands of homeopathic medicines to you as a whole person.

Advantages of homeopathic treatment include safety, no toxicity, lack of any side effects and an improvement in other health issues. It does not pollute the environment, does not use animal testing to gather information and is economical.

- Collections

Note:

Open hearts always recognize each other.
Open hearts do not judge the universe.
When you dive into an open heart, you fall into infinity.



Nethi & its Science



Neti is an Ayurvedic Kriya used to cure many diseases connected with nose and throat. This is very effective in curing sinusitis, common cold and problems connected with allergy.

This is a simple process of sucking in warm water with a pinch of salt through nostrils and expelling through mouth or sucking through one nostril and expelling through another alternatively.

For doing the kriya easily now, neti pot is available and using this any one can do it with ease.

Modern science has now recognised this Kriya as very effective and we give below a clipping down loaded from internet.

Nasal rinsing eases sinusitis

Nasal irrigation, a traditional therapy that has been shown to help people with chronic sinus problems, can be easily learned through a 30-minute group training session.

Used for thousands of years in the Ayurvedic and Yogic traditions

(known as Jal neti), nasal irrigation involves rinsing the nasal cavity with a saline solution to get rid of mucus that may contain allergens or infectious agents. Previous research has shown that a six-month trial of nasal irrigation in patients with chronic stuffy nose (rhinitis) and sinusitis reduces symptoms and medication use, and improved quality of life.

In the current study, researchers from the University of Wisconsin at Madison, USA, surveyed 28 patients who participated in the study about their experience. The patients found that barriers to learning the technique included fear of having liquid in the nasal cavity, initial discomfort and mild side effects, the need to learn how to perform nasal irrigation effectively, and the need to set aside time for nasal irrigation. However, participants said that the 30-minute group sessions in which they learned to perform the technique helped them to overcome these misgivings. (24)

They also reported incorporating nasal irrigation into their existing daily hygiene routine, using warm water, and making adjustments to the salt content and schedule to ease discomfort. This ability to manage their own treatment contributed to the reported sense of empowerment and personal control of their chronic symptoms, further enabling continued use. The above technique eased their symptoms and improved their quality of life.

....Annals of Family Medicine

Life is like
a cup of coffee



A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life.

Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plainlooking, some expensive, some exquisite - telling them to help themselves to the coffee.

When all the students had a cup of coffee in hand, the professor said:

"If you noticed, all the nice looking expensive cups have been taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups... And then you began eying each others' cups.

Now consider this: Life is the coffee. The jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of life we live.

Sometimes, by concentrating only on the cup, we fail to enjoy the coffee. Savor the coffee, not the cups! The happiest people don't have the best of everything. They just make the best of everything."

Ashram's programs held in June

4th At 3.00 pm Mruthyunjaya Homa was performed in presence of Poojya Guruji. The homa was sponsored by Smt.Sarojini Nayak, Sullia, Dr.Meena, Goa and Sri Prakash Shetty, Udupi. Following this, Smt.Shantha Muralidhar conducted Sanjeevini Pranayama. After light refreshment, whole night meditation was held in presence of Poojya Guruji from 9.00 pm.

5th Satchintana program was conducted by Goa Satsang. Poojya Guruji and dhyana bandhus inaugurated the program at 9.30 am by lighting the lamp. Silence meditation was held till 11.00 am. After juice break, meditation continued till 1.00 pm. After lunch break, the satsang members sang few bhajans. Between 3.00 to 4.00 pm Poojya Guruji during discussions, answered questions of the meditators. The program concluded with distribution of Prasad. About 100 meditators participated.

6th – 15th Brahma Vidya Camp was conducted for ladies. There were 5 participants.

15th Whole night meditation was held in presence of Poojya Guruji on account of Lunar eclipse.

11th & 26th Kriya Yoga Punashchetana was conducted. About 12 & 18 meditators respectively participated.

19th Kundalini Beeja Mantra Punashchetana was conducted in which about 22 meditators participated.

20th & 27th 19 & 24 members respectively took the opportunity of public consultation with Poojya Guruji.

Happy Birthday



Name : Pragyan Baliga

Son of Prashant Baliga and Divya Baliga

Bday : August 3rd

Kindly make a templet design